



THE CONNECTION

Calvert County Office on Aging Newsletter

March 2021



MEALS ON
WHEELS INFO



VIRTUAL ACTIVITY
CENTER



RESOURCES FOR
SENIORS

From the Division Chief

The old metaphor “time flies” certainly seems true, doesn't it? Back in March of 2020, who would have believed that our centers would be closed for the past year? Time is a precious commodity. May each of us consider how we spend this precious resource. Life passes by swiftly and I would like to encourage everyone to make amends in personal relationships, if needed. Call or visit your loved ones and don't forget to take care of yourselves. If the Office on Aging can help you so that you can better spend your time in other pursuits, please let us know.

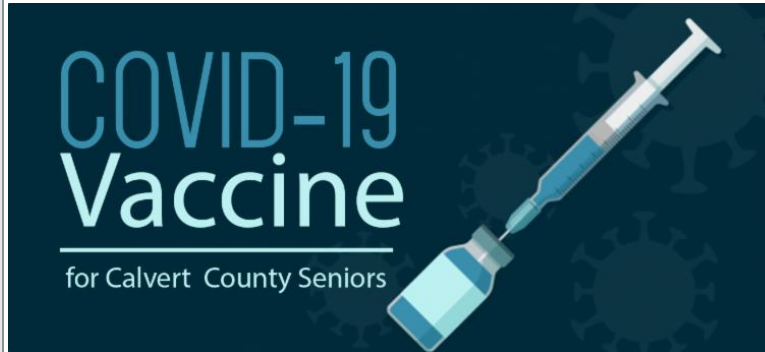
As you may know, our Senior Centers are hosting COVID vaccination clinics for citizens ages 65 and older. We are thankful for our community partners, CalvertHealth and the Calvert County Health Department, who have made incredible efforts to ensure that seniors receive vaccinations. If you desire a vaccine, you may pre-register for the vaccine on the [Calvert County Government vaccine registration webpage](#).

We have had a great turnout at these clinics and it has been wonderful to see you, if only for a few minutes. With this vaccination rollout, we will hopefully open our doors soon. We certainly miss seeing all of you at our centers.

Our team continues to deliver meals on a weekly basis. If you know of a senior who can use this service, please have him or her contact one of our centers.

Let me encourage you to make the most of the time that you have been given. As always, if our agency can help you in any way, please reach out to us.

V/R,
Susan Justice
Division Chief



Need to PRE-REGISTER?

Learn more about the vaccine and pre-register for an appointment.

[CLICK HERE TO PRE-REGISTER](#)



The Office on Aging, in collaboration with CalvertHealth and the Calvert County Health Department, continues to host vaccine clinics at each of our senior centers for those 65 years of age and older.

If you want to receive the vaccine, you can pre-register for on the [Calvert County Government vaccine registration webpage](#).



AARP Tax Preparation

Due to COVID and limited volunteers, we were unable to provide as many tax preparation appointments as we have in previous years.

Unfortunately, we cannot take more appointments. We regret and apologize for the inconvenience.



Calvert Senior Rides



293-0623 • www.lifestylesofmd.org

Do you need transportation? Seniors and persons with disabilities may be eligible for subsidized transportation services. An application is required. To help us better meet your transportation needs, please [complete a quick survey](#).

For more information and to apply, please contact:



Calvert County Office on Aging

410-535-4606, ext. 139

Kathy.NeSmith@calvertcountymd.gov



LifeStyles, Inc.

LifeStyles, Inc.

1-866-293-0623

info@lifestylesofmd.org

Partially funded by the Maryland Transit Administration's Senior Rides program in partnership with the Calvert County Office on Aging. Persons must provide at least a two day notice to allow for scheduling.

Commission on Aging Member

The Calvert County Commission on Aging is looking for a representative to advocate for senior citizens in Calvert County. Meetings are held once per month.

Call Liz Youngblood at 410-535-4606, ext. 130 if you would like to discuss this opportunity.



Developmental Disabilities Awareness Month

March is Developmental Disability Awareness Month.

The Office on Aging recognizes the worth of every individual and we work hard to identify barriers and develop solutions to make integration a reality.

We understand that individuals with disabilities can contribute to our communities. President Ronald Reagan first proclaimed March as Developmental Disability Awareness Month in



1987. Read the his proclamation on the [Ronald Reagan Library website](#).

Pictured from left to right: Angela Nenno and Ruthie Birch



Alzheimer's Caregiver Support

Alzheimer's caregivers are encouraged to get tips and support from other caregivers through one or both of the following events:

- The Alzheimer's Association, National Capital Area Chapter, presents an online support group monthly for caregivers only. The group meets every second Wednesday of the month at 3 p.m. via Zoom. For an invitation to the online meeting, please contact Charles Harrell at charrell@asabury.org or Dennis Poremski at dporemski@asabury.org. You may also call 410-394-3000.
- Hosted by the Calvert Library and facilitated by Jeannette Findley and JC Hooker, caregivers are invited to join a Alzheimer's Caregivers Support Group on the third Thursday of the month from 7-8 p.m. To join, participants must register through the [Calvert Library](#) or call 410-535-0291 or 301-855-1862.



**did
YOU.
know**

- Over 46,000 meals have been delivered to seniors in Calvert County since our closure due to COVID in March 2020.
- Over 1,000 Calvert County residents have received COVID vaccines at our Senior Centers in recent weeks.
- St. Patrick, the patron saint of Ireland, was kidnapped as a teenager but he managed to escape.
- The first record of a St. Patrick's Day Parade took place on March 17, 1601 in what is now known as St. Augustine, Florida.
- The United States Congress asked President Reagan to declare Women's History Week in March 1982. Read the Proclamation from our former President on the [American Presidency Project website](#).



Fun Fact!

In 1962, the city of Chicago started a tradition of dying the Chicago River green that lasts for a few hours.

On March 3, 1913, a Women's Suffrage parade took place on Pennsylvania Ave. in Washington, D.C.



CONTACT INFORMATION

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